

Health *counts!*

Uniform Medical Plan's Rewards Program for Good Health Habits

Welcome to the Fourth Issue of Health Counts!

Inside you'll find information on earning a \$30 rebate in 2007 when you take the Health Counts e-Health Survey, and general tips on getting and staying healthy.

How to Earn Your 2007 Rebate

Taking the e-Health survey is worth 40 points, plus you also get credit for healthy habits and preventive screenings. If your survey results don't add up to the 100 points needed for the \$30 rebate, you can return to your Health Counts scorecard to report new healthy behaviors whenever you want. Go to www.ump.hca.wa.gov/healthcounts to access your scorecard.

If a medical condition keeps you from earning the rebate, call UMP at 1-800-762-6004, and we can help you find another way to qualify.



Make your Health Count!

Where are you on the road to good health?

Take the UMP e-Health Survey and find out. When you take the online e-Health Survey, you get a snapshot of your overall wellness. If your answers add up to 100 points, you get a \$30 rebate check! Plus, we give you a head start by awarding you 40 points just for taking the survey.

If you don't make the 100 points right away, the survey will give you ideas for making healthy changes and earning the points required for the \$30 rebate. It's all

part of the overall goal to keep health care affordable, because when our members stay healthy, premiums stay low.

Thousands of enrollees participated in Health Counts last year, and if you were one of them, you can participate again and earn another \$30 this year. If it's your first time, see page 3 on how to get started. And remember, spouses can take the Health Counts e-Health Survey too, if they're enrolled in UMP.

Progress Report:

Sticking with your New Year's resolutions

Resolutions get a lot of attention in the early days of the New Year. But if yours have started to fade, here are a few suggestions for getting them jumpstarted.

Track your progress. A visual record of what you're doing right can be a powerful motivator. List the number of fruits and vegetables you eat in a day or the types of exercise you've done. The longer the list, the stronger the sense of accomplishment.

Consider the benefits. Good health is not an end in itself. What matters is what you can do with it. Write down all the ways you can benefit from good health, like watching your grandchildren grow up, enjoying an

active retirement or simply feeling and looking better.

Confront the obstacles.

Shining a light on what keeps you from adopting better health habits is one way to overcome resistance. And when you compare your list of stumbling blocks against your list of benefits, they'll probably pale considerably by comparison.

Reward yourself. Recognize successful milestones with rewards like buying a new CD or getting a massage.



Every Bit Counts!

Points for Exercising (for at least 6 weeks)

20 minutes/5 times a week, or 30 minutes/3 times per week	10
30 minutes/5 times a week, or 40 minutes/3 times per week	20
40 minutes/5 times per week	30

Health Counts Points



Tell Us Your Health Counts Story

Help inspire others to take charge of their health! Tell us what you're doing to change your diet or get more exercise, how you stay motivated, and most of all, whether you're starting to see some results. Click on "Share your story" on the Health Counts home page, www.ump.hca.wa.gov/healthcounts.

UMP Pays Smokers to Quit!

Whether you smoke or chew, Health Counts will help you quit tobacco for good.

Just take the Health Counts e-Health Survey (worth 40 points), enroll in the *Free & Clear* tobacco cessation program (worth 60 points), and you automatically earn the \$30 Health Counts rebate.

Free & Clear provides telephone-based support proven to help people kick the habit, and we offer it free to all UMP members, even if they've been enrolled

before. Plus we cover any medication recommended by your *Free & Clear* counselor at 100%, including nicotine patches, gum, and oral medication.

For help taking the e-Health survey, see "Getting Started with Health Counts" on page 3. **To enroll in *Free & Clear*, call 1-866-QUIT-4-LIFE (1-866-784-8454).**

Every Bit Counts! (if you use tobacco)

Points for Taking the e-Health Survey

40

Points for Enrolling in *Free & Clear*

(Enrollment in *Free & Clear* is FREE; for tobacco users only.)

60

Health Counts Points

Easy Steps to a Better Diet

You know how important it is to eat a healthy diet, but sometimes it's hard to avoid the temptations of high fat, high sugar foods. One trick is getting so much of the healthy stuff, that you're too full for anything else. Here are some other tips for creating a healthy diet action plan:

- Look for coupons for healthy foods and save them for your next shopping trip.
- On every shopping trip, read at least one label from an item in your cart. Watch for red flags like hydrogenated oil, trans fats, vegetable shortening, high fructose corn syrup, or high amounts of salt. Then choose a healthier alternative.
- Plan a meal using vegetables in at least three different colors.
- Make easy food substitutions. Use skim milk instead of whole, canola or safflower oil instead of butter for baking, and baby spinach or romaine lettuce instead of iceberg lettuce in your salad.
- Add more vegetables to your usual recipes. Throw some diced carrots and green pepper in your meatloaf or frozen corn in your chili.

Every Bit Counts!

Points for Eating Fruits and Vegetables

Eat five 1/2 cup servings a week 5 days a week

10

Eat five 1/2 cup servings a week 7 days a week

20

Health Counts Points



Getting Started with Health Counts

You can access Health Counts through your online medical account. If you don't have an account, visit us at www.ump.hca.wa.gov and follow these easy steps:



1. Click on "Log in to My Medical Account," and select "Register Now." Follow the prompts to the registration page and choose a login name and password. You now have access to a personal online account page.
2. From your online account page, go to the left column and click on "Health Counts Program."
3. Click on "Take the e-Health Survey" on the next screen, and you're on your way!

What's New in Health Counts for 2007

We've made some changes to this year's Health Counts e-Health Survey. First, we've added more points for just taking the survey, which now rewards you with 40 points toward your \$30 cash rebate, instead of 30.

It's also easier to earn points for your healthy behaviors. Now you get full credit for every workout, because the survey does a better job of calculating your exercise habits. The survey also automatically captures all the points you earn from your answers and then tallies those points for you. Once you've completed the survey, you click on a scorecard of your results to see how many points you've earned. We hope the changes will make it even easier to make your health count.

What Happens to Your e-Health Survey Answers

Your answers to the Health Counts e-Health Survey are completely confidential. We will not share any information that could be used to identify you with anyone. For more information about the Health Counts privacy policy, go to www.ump.hca.gov/healthcounts and click on "What Will UMP Do with My Answers to the e-Health Survey?"

Before Taking the e-Health Survey...

...it helps to have the following information about yourself handy:

- Weight and blood pressure
- Total cholesterol, including your LDL (low-density lipoprotein or "bad" cholesterol)
- Number of doctor visits in the last year
- Dates of your last flu shot, pneumonia shot, blood pressure check, and Pap smear, mammogram, or colorectal exams, if they apply to your age and gender



You can still take the e-Health survey without this exact information, but knowing these answers ahead of time will get you through the survey faster.

Earn \$30 in 2007 When You Participate in Health Counts

You get points for:

- Taking the e-Health Survey
- Eating fruits and vegetables
- Getting preventive care
- Exercising regularly

Once you reach 100 points, UMP will mail you a check for \$30. You could earn enough points just by taking the survey! Details inside.

Already participating in Health Counts? Look inside for hints on staying motivated, so you can earn your rebate again in 2007!



What people are saying about

Healthcounts!

"I love that you are giving people an incentive to improve their lifestyle. You save taxpayer dollars and make people think about their behavior."

"I have enrolled in a diet and exercise program with the local hospital, and plan to use the survey and program to supplement what I am doing."

"I like the awareness it puts on me to continue to work for better health care for my body."

"I like the fact that I can log on to this website and get info about my medical coverage that I was not aware of before."

Health Counts

www.ump.hca.wa.gov/healthcounts

on the web

Read more stories about Health Counts
at www.ump.hca.wa.gov/healthcounts

**Earn a \$30 reward
with Health Counts.
Details inside.**